



News Bytes

~ Click here ~

Black Hawk helicopter crashes in Alabama, killing 2 crew

~ Click here ~

Rescuers rejoice as more quake survivors emerge from rubble

~ Click here ~

Upset Ohio town residents seek answers over train derailment

~ Click here ~

1 killed, 3 hurt in shooting at El Paso, Texas shopping mall

~ page 2 ~

Capt. Zachary Vanwettering earns Golden Stick

~ page 3 ~

New events in Area Happenings

What's Inside



~ Page 4 ~

Navy Chaplains and Marine readiness

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Two female TW-1 graduates take part in historic all-female flyover at Super Bowl

By Kayna Whitworth, Lissette Rodriguez, Katie Kindelan

This Super Bowl Sunday, a group of women made history.

The flyover before Sunday's game between the Philadelphia Eagles and Kansas City Chiefs at Phoenix's State Farm Stadium was piloted by an all-female team.

The four female pilots orchestrating the diamond formation honored 50 years of women flying in the U.S. Navy.

"It was surreal," one of the four pilots, Navy Lt. Caitie Perkowski, told "Good Morning America" last week, of being selected to pilot the flyover.

"I didn't believe it," Navy Lt. Suzelle Thomas said of her own reaction.

Lt. Caitie Perkowski and Lt.



Lissette Rodriguez/ABC News

LT Caitie Perkowski and LT Suzelle Thomas are part of an all-female Navy team performing the flyover at Super Bowl LVII in Phoenix.

Suzelle Thomas are part of an all-female Navy team performing the flyover at Super Bowl LVII in

Phoenix, and received her their 'Wings of Gold' in Meridian.

On Sunday, Thomas piloted

an F-35C, the newest aircraft in the Navy. She has already made history as the first woman to qualify directly to fly the aircraft, meaning she didn't have to train on other jets first.

Perkowski piloted the plane at the back of Sunday's formation as they cruise over State Farm Stadium at around 345 miles per hour, a task she called "any pilot's dream."

"My dad did ask me to call him from the sideline on the Super Bowl," she said, delivering a direct message to her dad, saying, "I'll do my best."

Perkowski continued, "But for me, as a football fan, when I got the call to do the Super Bowl flyover, it's almost like a dream initially for someone who loves the NFL."

● **Flyover, page 4**

Time to Give... Active Duty Fund Drive March 1



Bill Whitmire, Director of the Navy-Marine Corps Relief Society Office in Gulfport, gives a presentation to military members regarding the kick off of the Active Duty Fund Drive set for March 1. Representatives from all tenant commands onboard NAS Meridian will be seeking 100 percent meaningful contact with all personnel after the drive begins. Since 1904 the society has provided confidential, non-judgmental assistance to active duty and retired sea service members and their families. Navy-Marine Corps Relief Society is a non-profit, charitable organization recognized by the IRS. The society is not a government agency, and does not receive funds from the government or Department of the Navy. For more information visit: <https://www.nmcrs.org/>.

Photo by Penny Randall

Disabled Veterans' Hunt



Submitted photo

The fourth annual Disabled Veterans' Hunt was held onboard NAS Meridian on Jan. 14-15. Participants in the weekend hunt harvested 11 deer. The Disabled Veterans' Hunt provided a time for comradery and was a significant morale booster for the disabled veteran hunters, as well as the active and retired military personnel who volunteered their time to assist with serving as guides, transporting deer, and cleaning and processing harvested deer. Contributions to feed participants during the event were provided by the MATSS-1 Staff NCO Association, NAS Meridian Junior Enlisted Association, NAS Meridian Chief Petty Officers Association, Coalition of Sailors Against Destructive Decisions, and the Meridian Moose Lodge.

Mississippi Lawmakers want to keep aging T-1A training jet in service

By Thomas Novelty

Mississippi lawmakers are pleading with Air Force officials to keep the aging T-1A Jayhawk, a training jet that has been around for more than 30 years, in service as the Pentagon hopes to replace the aircraft with flight simulation instead.

A letter sent Monday to Air Force Secretary Frank Kendall from U.S. Sens. Roger Wicker and Cindy Hyde-Smith, as well as U.S. Reps. Michael Guest and Trent Kelly, all Mississippi Republicans, said delays in new flight simulators and new training aircraft means the planned retirement of T-1As could cause issues for pilots.

"Once the T-1A is divested, prospective mobility pilots will spend much of their training time in simulators and less time flying prior to graduation, a posture that forces significant reliance on the timely maturation of the simulated environment," the lawmakers wrote. "If these technologies do not mature on schedule, the Air Force will lose any ability to effectively train pilots in a 'like-aircraft' to which they will be assigned post-graduation."

● **T-1A, page 2**

Fourteen aviators earn 'Wings of Gold' in February pinning ceremony

There was a naval aviator designation ceremony Feb. 10 onboard Naval Air Station Meridian.

Fourteen aviators received their "Wings of Gold" during the ceremony. The naval aviator designation ceremony is not prescribed specifically by U.S. Navy regulations, but has emerged as an honored product of the rich heritage of naval tradition. It marks the culmination of nearly two years of specialized training, which has prepared these officers for the rigorous demands of aerial combat and carrier operations -- earning each the title of "Naval Aviator" and the right to wear the coveted "Wings of Gold."



LT Alexandre Bouillon



LTJG Tyler Bozeman



LTJG William Gage



1STLT Matthew Heine



Capt. Alexander Nagel



LTJG Nicholas Oravetz



LTJG Austin Petersen



LT Lewis Phillips



LTJG Darren Sanchez



LTJG Abby Savidge



LTJG Greg Sheryll



Capt. Benjamin Smith



LTJG Seth Taylor



Capt. Zachary Vanwettering

Golden Stick



Photo by Adam Prince

Roger Burke, President of the Mississippi Council of the Navy League, left, presents Capt. Zachary Vanwettering with the Golden Stick award during a winging ceremony in the Chapel onboard NAS Meridian, Feb. 10. The Golden Stick is awarded to the student with the highest composite score during training.

• T-1A

The T-1A is used at Columbus Air Force Base, Miss.; Laughlin Air Force Base and Randolph Air Force Base in Texas; and Vance Air Force Base, Oklahoma, according to an Air Force fact sheet. It is also used by the Navy at Naval Air Station Pensacola, Florida.

The Air Force was hoping to phase out many of its T-1A training aircraft this year, around the same time as the new T-7 Red Hawk training jet was set to be delivered. But as delays mount for the new replacement jet, Mississippi lawmakers are concerned that the service will be too hasty in retiring the T-1A before a suitable replacement is in place.

"Given the recent media reports of further delays in the T-7A program, the T-1A may be the best defense against unforeseen shortfalls that may adversely affect the pilot training pipeline," the lawmakers wrote. "We request that you consider delaying the divestiture of the T-1A, and remain willing to work with you and others in the Air Force to support you in this endeavor."

Software issues and ejection seat concerns are causing delays in getting the new aircraft to pilots. That means the service will have to rely on older trainers, such as the T-1 and T-38C Talon, in the interim.

Maj. Alli Stormer, a spokeswoman for the Air Force, told Military.com late last year that the new trainer still is in the testing phase.

"The technical challenges the Air Force has identified relate to flight control software and the escape system," Stormer said this past December. "All flight control software issues to date have been resolved and will be tested in flight in the first quarter of 2023. The Air Force is working to correct some escape system deficiencies found during initial testing in late 2021 and will resume escape system testing in the first quarter of 2023."

Boeing was awarded a \$9 billion contract to build the T-7 in 2018, with plans to have the first planes delivered

by 2023.

In 2019, Air Education and Training Command created a new curriculum relying heavily on a simulator-only course for student pilot training and later announced plans to downsize its fleet of 178 T-1 trainers.

The plan is to phase out the T-1 aircraft altogether at Specialized Undergraduate Pilot Training locations between fiscal 2023 and 2025, Military.com previously reported.

Since 1992, when it first entered service, the T-1 has had two Class A mishaps -- the term used by the military to describe the deadliest or costliest crashes. There have been no pilot deaths in the aircraft, according to the Air Force Safety Center.

The other training aircraft, the T-38, has seen more fatal incidents in its 62-year service history. Since 1960, there have been 211 Class A mishaps, according to the Air Force Safety Center data. There have been a total of 86 pilot deaths and 149 fatalities in total for the T-38.

The T-38C has also been involved in several recent mishaps this past year at Columbus AFB in Mississippi.

This past November, an Air Force pilot's landing gear failed, forcing the plane to skid on its belly across a runway before coming to rest. There were no injuries.

Two weeks before that incident, an instructor pilot had to eject from his jet when it was "rendered inoperable and unrecoverable upon initial takeoff," Col. Jeremy Bergin, Columbus Air Force Base vice wing commander, told reporters.

In that incident, two T-38Cs took off, each with one person, an instructor, aboard. They were flying in a formation when one of the jets experienced the malfunction.

The jet crashed at a private property about 30 minutes south of the base. The instructor was taken to a nearby hospital and there were no fatalities, according to a press release.

The Skyline ~ Naval Air Station Meridian, Miss.

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Military OneSource: 800-342-9647
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Chaplain: 601-604-2015
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Local Happenings

FEBRUARY

17: Masquerade at Merrehope from 6-8 p.m. at Merrehope. You'll enjoy live entertainment, the very best King Cakes ever, party fare . . . plus some fun Merrehope Mardi Gras surprises. It's BYOB with a \$10 admission at the door. Throw some beads around your neck, dress all out in Mardi Gras attire or come as you are. For information, call 601-483-8439.

18: Meridian Mardi Gras from noon- 6 p.m. at City Hall. Join us downtown event featuring parades, delicious food vendors, amazing bands, and MORE! Free to the public. Contact annagrace@mitchellcompanies.com.

25: Dr. Seuss' Silly Birthday Celebration from 10 a.m.-3 p.m. at the Mississippi Children's Museum – Meridian. Free to members, tickets are \$10, call 601-512-0270.

MARCH

3: Full Moon on Fifth from 6-9 p.m. on 5th Street from 22nd to 23rd Avenue. Join the Arts and Community Events Society for a magical night in Downtown Meridian! String lights and two giant illuminated moons set the mood for a unique block party that you don't want to miss. Alcoholic beverages are available, no outside beverages allowed. Free to the public. Visit <http://www.acesmeridian.org> for information..

4: First Saturday: Spring Fling from 9 a.m.-4 p.m. at the Mississippi Arts + Entertainment Experience. Celebrate the spring season with us at The MAX. We will have activities for all ages, including: food tucks, bounce houses, face painting, spring crafts, lawn games and more. Tickets are \$5 for adults; \$1 for kids ages 6-17; and free for kids 5 and under; call 601-581-1550, ext 35.

9: Tanya Tucker at 7:30 p.m. at the MSU Riley Center. Edgy. Classic. Country -- that's Tanya Tucker. She had her first hit, "Delta Dawn," in 1972 at age 13. In 2020, she won her first two Grammy Awards for Best Country Album (While I'm Livin') and Best Country Song ("Bring My Flowers Now," which she co-wrote). Call 601-696-2200 for ticket information.

23-24: Just You Wait! - MLT's 90th Anniversary Musical Supper Club from 6:30-9 p.m. at the Meridian Little Theatre. We are celebrating 90 years of Storytelling at Meridian Little Theatre in partnership with Meridian Symphony Chorus to host a musical revue supper club. See highlights from your favorite productions over the last 90 years from My Fair Lady to Newsies while you enjoy a three-course dinner. Ticketing information to be announced. Call 601-482-6371.

Unified DoD efforts supporting Turkey

Marines and Sailors from Task Force 61/2 (TF 61/2), commanded by Brig. Gen. Andrew Priddy, operating under U.S. Naval Forces Europe (NAVEUR) and U.S. Sixth Fleet arrived at Incirlik Air Base in support of humanitarian assistance and disaster relief efforts, Feb. 9.

U.S. Marine Corps Brig. Gen. Andrew T. Priddy, Task Force 61/2 commanding general arrives, Feb. 9., at Incirlik Air Base, and is greeted by U.S. Air Force Col. Calvin Powell, 39th Air Base Wing commander. While supporting requirements from USAID, following an earthquake on Feb 6., Task Force, 61/2 is responsible for the coordination of joint U.S. military efforts, providing humanitarian aid and disaster relief to the people of Türkiye.

U.S. Marine Corps Brig. Gen. An-

drew T. Priddy, Task Force 61/2 commanding general arrives, Feb. 9., at Incirlik Air Base, and is greeted by U.S. Air Force Col. Calvin Powell, 39th Air Base Wing commander. While supporting requirements from USAID, following an earthquake on Feb 6., Task Force, 61/2 is responsible for the coordination of joint U.S. military efforts, providing humanitarian aid and disaster relief to the people of Türkiye.

The U.S. Department of Defense established a Command and Control Center, commanded by Priddy, to support requirements from the U.S. Agency for International Development (USAID) and to coordinate all U.S. military operations, following a 7.8-magnitude earthquake that tragically struck Türkiye on Feb. 6.

-- From Capt. MacKenzie Margroum

[Read more, click here](#)

U.S. Navy collecting surveillance balloon debris

The U.S. military began collecting the remnants of a Chinese high-altitude surveillance balloon shot down by an Air Force fighter over the weekend.

The U.S. military today began collecting the remnants of a Chinese high-altitude surveillance balloon shot down by an Air Force fighter over the weekend.

Air Force Gen. Glen D. VanHerck, commander of the North American Aerospace Defense Command and U.S. Northern Command, said the recovery effort began about 10 a.m. Rough seas thwarted safe, comprehensive debris collection yesterday, he said.

On Saturday, an F-22 Raptor fighter from the 1st Fighter Wing at Langley Air Force Base, Virginia, fired one AIM-

9X Sidewinder missile at the balloon, which had floated southeastward across the United States.

It fell about six miles off the coast of South Carolina into about 50 feet of water. No one was hurt.

Precautions are being taken during the salvage operation in case explosives or toxic substances are present, VanHerck said.

Due to changing ocean currents, it's possible that some debris could escape notice and wash ashore. VanHerck said members of the public can assist by informing local law enforcement personnel if they spot remnants of the balloon; they should not collect it themselves.

-- From David Vergun,
DoD News

[Read more, click here](#)

The Sullivans returns home from U.S. 5th and 6th Fleet

USS The Sullivans (DDG 68) returned to Naval Station Mayport, Feb. 12, 2023, concluding a four-month deployment to the U.S. 5th Fleet area of operations.

This marks the ship's third deployment in three years.

The Sullivans deployed in 2021 with HMS Queen Elizabeth as part of U.K. Carrier Strike Group 2021 (CSG 21) and to the U.S. European Command area of responsibility under U.S. 2nd Fleet in support of NATO Allies and partners in 2022.

During this deployment, U.S. Sailors and Coast Guardsmen collaborated with regional partners during educational exchanges at U.S. 5th Fleet headquar-

ters in Bahrain. The Sullivans conducted routine flag-verification operations while serving in the Gulf of Oman and multinational seaway defense exercise with regional partner is U.S. 5th Fleet.

"I am consistently impressed by the professionalism this crew demonstrates on a daily basis," said Cmdr. James Diefenderfer, Jr., commanding officer of The Sullivans. "The Sullivans is a team that unflinchingly answers the call to operate forward, providing presence and capability to ensure freedom of navigation and deterring illicit activity through the world's seas."

-- From Lt.j.g Kelly Harris, Public Affairs,
USS The Sullivans (DDG 68)

[Read more, click here](#)

Sale... Or

BOATS/CAMPERS/TRAILERS

New Price 21 foot - 2021 Jayco Travel Camper. Like new; beige & walnut interior and mattress kept in original plastic. Selling to upgrade to larger size - Price is \$15,000 some accessories included. To view or request pics please contact: Gary 601-575-5062.

2018 Mallard M185 Travel Trailer. Sleeps 4 with 1 queen bed/2 bunks. Easy to tow at 3,575 lbs; only selling because mili-

tary member is moving overseas. Great living quarters with lake view. Hooked up and ready to live in, including cables, hoses, plus the \$500 towing kit. Asking \$17,000. Call 360-434-3035.

AUTOMOBILES, ETC.

2012 VW Jetta Turbo diesel, Auto trans, 118-K Miles. Asking \$5,500; call 601-479-1456.

2018 Subaru Outback 2.5 limited, 12k miles; Subaru safety features and warranties included. Asking \$29k. Call 601-

480-5100.

2017 Dodge Challenger, grey with racing stripe. \$24k. Call 601-880-3237.

HOMES/APARTMENTS

For Sale: 3BD/2BA Home with 2,560 sq. ft. Sits on 1 & 1/2 lots on dead end with privacy woods on 3 sides. Asking \$180,000. Contact: lucindawnichols@gmail.com, call 601-527-7829 or 601-917-6145.

For Rent: 2 BD/1 1/2 BA 1100 square foot home in Dalewood with main lake access. Asking \$1300 a

month. Email: rosscandeloproperties@gmail.com for information..

For Rent: Lake Cabin near NAS Meridian. 1 BD/1 BA; \$700 month. Unfurnished.

For Rent: 3BD, 2BA home with washer/dryer, wifi, lawn service and water included. \$1500/month. Call 601-917-8594.

For Rent: 3BD/2BA private gated home with 2-car garage in West Lauderdale; 15 minutes from the base. Call 601-737-4569 or 601-934-0739.

For Rent: 2BD/1.5BA

Home at 3702 Rollins Dr, Lauderdale in Dalewood. 2136 sq ft on a .29 acres lot. Beautiful newly renovated single family home. Call 973-876-5006.

For Rent: 2BD/1.5BA single family home in Dalewood - fully renovated. Fenced in back yard with boat slip & pier. Pets allowed. Pet deposit \$300. \$1,300 rent per month. Call 973-876-5006.

For Sale By Owner: 3BD/3BA brick home with sunroom, large fenced in yard. Convenient to shopping and base. \$139K.

Call 601-513-3395 or 601-227-1870.

MISCELLANEOUS

Service for hire: Dixie Lawn LLC, lawn care in Meridian. Call 850-376-4499. Military owned company.

To submit an item to the "Sale...Or" column, e-mail adam.prince@navy.mil. Deadline is the Wednesday prior to publication.

Listings in the "Sale...Or" column are free for anyone who works at NAS Meridian. To include your announcement, email adam.w.prince.civ@us.navy.mil

How the Navy Chaplain Corps safeguards Marine readiness

By Capt. Kevin Buss
13th Marine Expeditionary Unit

The U.S. Marine Corps is a fight-tonight force. The Marine Corps' brand is based on persistent readiness, and its ability to rapidly respond to emergent crises. What makes the Marine Corps unique is that our brand is embodied by the spirit of the individual Marine. Our readiness goes deeper than administrative requirements, up-to-date medical records, and vehicle and aircraft maintenance. The spirit of the Marine is what drives our Corps. Therefore, spiritual readiness is a keystone element of the Marine Corps' value to the Department of Defense. The U.S. Navy Chaplain Corps is the backbone of ensuring high levels of spiritual readiness.

"Spiritual readiness is the ability of a warfighter to accomplish their mission with honor," said Lt. Cmdr. Austin Grimes, chaplain, 13th Marine Expeditionary Unit. "It derives from one's deeply held religious and philosophical commitments – the north star of one's conscience."

The Religious Ministry Team for the 13th MEU, currently deployed in the Indo-Pacific region, provide spiritual guidance to assist Marines and Sailors in their pursuit toward spiritual stability and progression.

"Being a chaplain is less of a job and more of a calling," said Grimes. "Some spend decades working as civilian clergy and then feel a calling to be spiritual leaders for Marines and Sailors."

The Makin Island Amphibious Ready Group/13th MEU has eight chaplains across the three amphibious ships. The job of a chaplain is to provide religious ministry, facilitate

"Spiritual readiness is the ability of a warfighter to accomplish their mission with honor. It derives from one's deeply held religious and philosophical commitments – the north star of one's conscience."

— Lt. Cmdr. Austin Grimes, chaplain,
13th Marine Expeditionary Unit

other faiths, care for all Marines and Sailors and advise the chain of command for matters pertaining to overall spiritual readiness.

Chaplains are not mandated reporters, meaning that their counseling is 100 percent confidential. This confidentiality, coupled with the nature of chaplains to embrace all hardships their Marines and Sailors experience, forges a distinctive trust between chaplains and their service members.

"If service members are sleeping in the field, the chaplain is sleeping in the field," said Lt. Cmdr. Aaron Wall-

ing, chaplain, Battalion Landing Team 2/4, 13th MEU. "If service members are enduring hardships, the chaplain is right there with them, offering care and building resilience, while emulating toughness and tenacity."

Similar to how an F-35B, a light armored vehicle or an amphibious assault ship needs consistent maintenance, chaplains provide a 24/7 resource for Marines and Sailors to conduct spiritual maintenance.

Some of these resources and services include:

- Weekend worship services.
- Multiple mid-week services.
- Daily devotionals.
- Numerous weekly counseling sessions.
- Marriage enrichment.
- Community relations projects in foreign ports.
- Evening prayer - a tradition at sea that dates back prior to the founding of our nation.
- Suicide intervention programs, including training in Safe-TALK and ASIST.

One of the most effective methods of maintaining spiritual readiness is through "walking the deck plates," meaning chaplains go to service member's spaces, do what they're doing, get to know them and build relationships. Plainly stated, a chaplain's job is not in the office, it's with the Marines and Sailors.

A force as diverse as our Marine Corps requires a variety of spiritual avenues for Marines and Sailors to reach their spiritual objectives.

[Read more, click here](#)

● Flyover

Perkowski has spent most of her military career flying on and off a 100,000-ton aircraft carrier that primarily operates in the Indo Pacific Region, including the South China Sea, where she says there is no distinction about her gender.

"What it boils down to is that we trained to do this job together," she said. "I didn't join the Navy to be female fighter pilot. I joined the Navy fighter pilot, so to me it makes no difference."

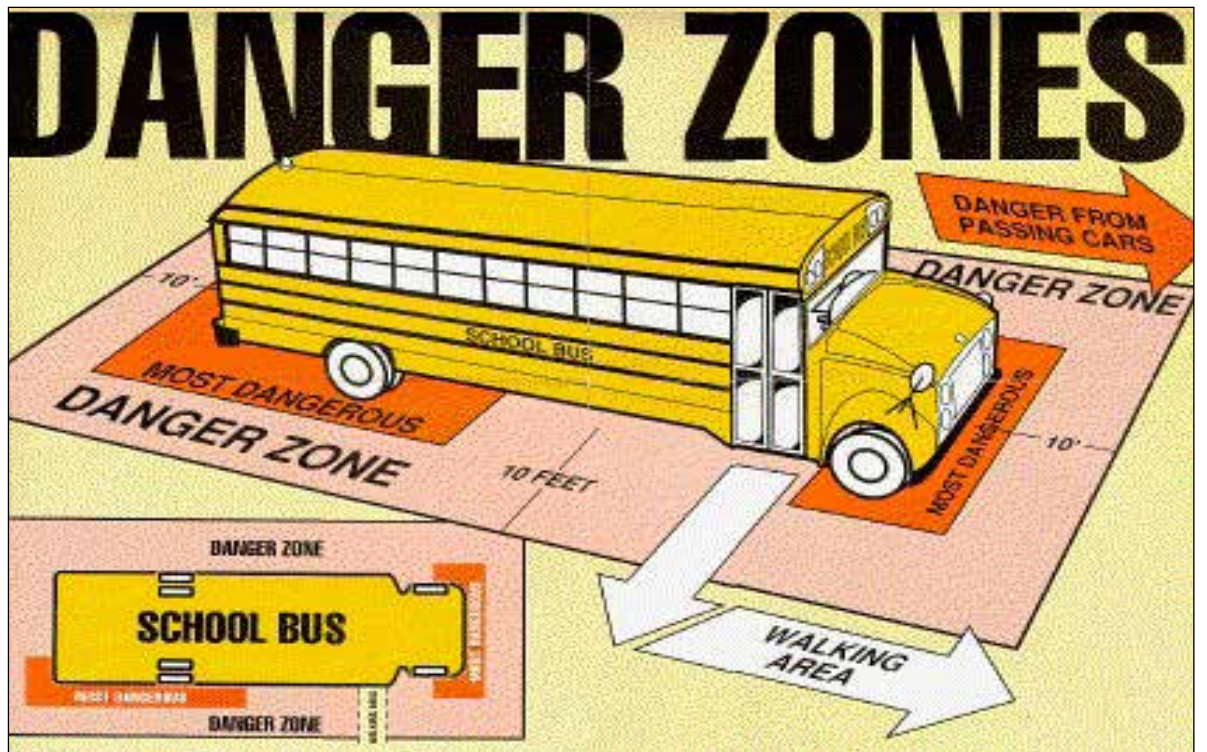
Perkowski and Thomas flew with fellow female pilots and Naval Officers in jets mostly maintained by women as well. Sunday's flyover paid special tribute to all the women that came before them Capt. Rosemary Mariner, the Navy's first female jet pilot.

When Mariner died in 2019 at the age of 65, the Navy conducted its first-ever all-female flyover during her funeral service in Maynardville, Tennessee.

"The wisdom that she had to share was really amazing," Perkowski said of Mariner. "To have the ability to represent people like her that came before us and made everything that we do possible is truly an honor."

Both Perkowski and Thomas said they also hoped to honor every man and woman in the service during the flyover.

"There's also men and women that we serve with every day. They work on my jet. They're the ones that make sure that I am able to fly," Perkowski said. "So to be able to carry them with us, it's really exciting."



Family smartphone photos and videos - it's all relative

My daughter, Anna, has a thirty-second video on her phone, buried among thousands of digital photos depicting her exciting young life in New York City. This particular video is unremarkable compared to all her others, but for me, it invokes a mix of significant emotions.

The video was taken last spring when Anna came home to see my 79-year-old mother who was visiting from Pennsylvania. It was a sunny morning. My mother and I were wearing our respective robes and pajama pants, walking around my fenced yard looking at flora and fauna together. Anna, who was on the porch watching us, decided to record the scene because from a distance, my mother and I appeared to be comically identical in appearance and movement.

In the video, I move slowly along the fence, cradling my Polish pottery mug with two hands, stopping occasionally

to point to a passing bird or to invite my mother to inspect a rhododendron bloom. My pillow-head hair is artificially colored to cover my gray, just like my mother's. We sip our coffee every few steps, and chat casually about the things that catch our shared attention.

Anna posted the video on her social media, garnering LOLs and laugh emojis from her followers. I laughed when I saw it too, but it struck me in a deeper way that I didn't immediately understand. On a recent trip to Pennsylvania to spend the week helping Mom around her house, my fuzzy feelings about becoming more and more like my mother came into sharper focus.

"Lisa!" my mother gasped one morning, "I just put my hearing aids in, and I think I'm hearing Francis' voice!"

"That's impossible, Mom," I told her, explaining that my husband was over 400 miles away in Rhode Island.

"But..." she looked at me with fear in her eyes, "maybe I'm tuning in to a computer?!" To Mom, all modern technology — including smart phones, computers, printers, email, routers, televisions, DVRs, Keurig coffee makers, ATM machines, and yes, hearing aids — is cause for panic.

I chuckled, made a joke about my

mother getting herself a tinfoil hat, and carried on with my To-Do list.

The next day, we met with a realtor to discuss the possibility of Mom selling her house and moving closer to family. At the dining room table, the realtor patiently answered the list of questions we'd prepared in advance, but my mother's discomfort was palpable. Although maintaining the old house and its acreage had become a huge burden, if not dangerous, for my mother to handle on her own, moving terrified her.

By the end of the week, I'd found all of my mother's passwords, account numbers and important information among countless handwritten scraps of paper. I deleted over 1,200 duplicate photo images and 391 junk emails on her phone (at least a dozen were from Perkins Pancakes). I connected her television to the internet and her car to her phone. I conducted mandatory training sessions on navigation apps, Bluetooth capability, and why Mom needs to stop punching "later" every time she receives a message about a system update.

I was in the unenviable position of having to push my mother beyond her fiercely-guarded comfort zone to make decisions about her devices, her health, her paperwork, and her future. My

mother was truly grateful for my help, but she resisted every step of the way.

I'm just like my mother in so many ways — sensitive, introverted, nostalgic, analytical, creative, witty, sentimental and easily overwhelmed. However, my mother has built a fortress of familiar places, routines, and objects around herself. Her home and habits have become her shell, where she can avoid life's scary demands and modern realities.

On the other hand, I'm a Navy wife who has been exposed to a life of constant change and unpredictability. Even during tough times, I had to be adaptable, self-sufficient, resourceful and able to manage complex tasks in unfamiliar environments.

While standing before my mother's packed refrigerator, gawking at countless opened jelly jars and unidentifiable freezer foods labeled with Post-It notes, I realized that military life forced me to overcome my genetically-determined tendencies. Like Mom, I resisted, but I was truly grateful for the help.

Lisa Smith Molinari's self syndicated columns appear on her blog, www.themeatandpotatoesoflife.com and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life* Follow Lisa@MolinariWrites.

COLUMN



Molinari



NAS Meridian, MS • Morale, Welfare and Recreation

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Liberty Center	679-3760	Rudders Pub & Grill	679-2780	MWR Jobs Line	679-2467
Tickets	679-3773	CDC/CDH	679-2652		
McCain Rec Center	679-2651	SAC	679-5252		
Equipment Rental	679-2609	School Liaison	679-2473		

CAPTAIN'S CUP SOCCER

League Starts: March 7th
Team Meeting: March 2nd @ 1500

Registration: February 13-March 2

Scan the QR Code or call (601) 679-3384 to sign up.

CAPTAIN'S CUP LEAGUES ARE OPEN TO ACTIVE DUTY PERSONNEL, RETIRES, RESERVISTS, DOD CIVILIANS, DEPENDENTS AND CONTRACTORS WORKING FULL-TIME ON THE INSTALLATION. PARTICIPANTS MUST BE 18 OR OLDER.

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Materials provided while supplies last.

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DENTAL HEALTH STORY TIME

February 22 • 1000 • Library

Bring your kids to this week's story time to learn about dental health!

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FAMILY MOVIE NIGHT

February 24th • 1700 • McCain Theater

Bring the family to the movies on Friday, February 24th, at 5:00pm to watch Disney's Encanto!

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Dr. Seuss Spirit Week!

2023 Calendar of Events

February 27th
Fox in Socks: Wear your wackiest socks!!

February 28th
If I Ran the Zoo: Wear animal print or camouflage!

March 1st
Wacky Wednesday: Dress in your wackiest clothes!

March 2nd
Cat in the Hat: Dress up as your favorite book character

March 3rd
I Am Not Going to Get Up Today: Wear your pajamas!

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